



**SPEEDO WINTER CLASSIC**  
**A/BB/B/C Meet**  
**January 9-10, 2010**  
**SANCTION NO. VS-10-35**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., <b>SANCTION NO. VS-10-35</b>
<b>LOCATION:</b>	Old Dominion University JC "Scrap" Chandler Natatorium located in the Health & Physical Education Building at the corner of 48 <sup>th</sup> Street and Powhatan Avenue, Norfolk, VA 23508
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Eight (8) lane 25 yard indoor pool, 15 feet in depth at the start end and 4 feet in depth at the turn end. All sessions will be run using an eight (8) lane course for competition. Facility uses a Colorado Timing System.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Colleen Nabhan <b>Email:</b> <a href="mailto:colleennabhan@gmail.com">colleennabhan@gmail.com</a> <b>Cell:</b> (757) 513-0617 <b>Home:</b> (757) 426-3126
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming athletes registered by the first day of the meet.</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• Age on January 9, 2010 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• <b>All 12 &amp; Younger</b> swimmers will swim on Saturday and Sunday morning.</li><li>• All 8 &amp; Younger swimmers will swim on Saturday Mid-Day.</li><li>• Open session for 11 and older will be Saturday &amp; Sunday afternoon.</li><li>• Distance Session will follow the Sunday afternoon session. Distance session events may be swum alternating heats of girls and boys based on the Referee's discretion.</li><li>• All events will be timed finals.</li></ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at <b>7:00</b> am to <b>7:50</b> am; competition starts at 8:00 a.m.</li><li>• Saturday Midday session: Warm-ups at 12:00 pm to 12:30 pm; competition starts at 12:45 pm</li><li>• Sunday Distance session: Warm-ups at 12:00 pm to 12:30 pm; competition starts at 12:45 pm</li><li>• Afternoon sessions: Warm-ups at 3:00 pm to 3:50; competition starts at <b>4:00 pm</b>.</li><li>• Finalized warm up times will depend upon the number of entries. Lane assignments and warm-up times for individual clubs will be posted on the Tide Swim Team website <a href="http://www.tideswimming.com">www.tideswimming.com</a> no later than 12:00 noon, Wednesday, January 6, 2010, and will also be emailed to the contact person of the participating clubs.</li><li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, DECEMBER 30, 2009</b></p> <ul style="list-style-type: none"><li>• <b>Entries from teams outside the Southeast District and VSI LSC will be accepted until 6:00 pm, Thursday, December 31, 2009, if space is available after Southeast District and VSI entries have been accepted.</b></li><li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li><li>• Teams submit entries as an e-mail attachment</li><li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li>• Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT</li></ul>

	<p>must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of <b>4 individual events per session</b>.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session; this may include combining heats and events, which actions may require reseeding.</li> <li>• Email entries to: <a href="mailto:colleennabhan@gmail.com">colleennabhan@gmail.com</a></li> <li>• Mail entries to: Colleen Nabhan 3113 Stonewood Drive Virginia Beach, VA 23456</li> <li>• <b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery, as this will delay the receipt of your entries.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$4.00 Swimmer surcharge: \$2.50 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Tide Swim Team, Inc.</li> <li>• Payments must be received by Wednesday, December 30, 2009 for email entries. Payment must be included with all mailed entries</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place.</li> <li>• Swimmers participating in the 8 &amp; younger session will have the opportunity to earn heat winner ribbons and top 8 high point award winners for girls and boys. They will receive a "Speedo" recognition award (high points awards will be calculated by averaging 4 events).</li> <li>• Top 8 High Point, Girls and Boys will receive a trophy and Top 3 will receive a "Speedo" recognition award for each age group (9-10, 11-12, and Open)</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except those in the Distance Session, will be seeded prior to the start of the meet.</li> <li>• Swimmers report directly to the blocks for their events.</li> <li>• Positive check-in for events 77 through 82 will close at the start of warm-ups for their respective sessions.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The overhead start procedure will be used for the afternoon sessions, and may be used for the morning sessions at the discretion of the Referee.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Hood</b> <b>Email: <a href="mailto:bobsand4@cox.net">bobsand4@cox.net</a></b> <b>Phone: 757-872-7078</b></p> <ul style="list-style-type: none"> <li>• Officials at all positions will be required for this meet. We ask for your team's help in supplying officials for the meet.</li> <li>• Anyone in the process of achieving certification through on deck training is welcome.</li> <li>• Team Officials Chairpersons should submit separate lists of the names and session availability of</li> </ul>

	<p>certified officials, as well as the names and session availability of trainees to: Ron Kloster, Tide Swim Team Officials Chairman, Phone: (757) 423-1825 or Email: <a href="mailto:ronaldkloster@cox.net">ronaldkloster@cox.net</a></p> <ul style="list-style-type: none"> <li>We ask all officials be on the pool deck NLT one (1) hour prior to the start of the session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Tide Swim Team will require volunteers from other teams to time on the day of the meet. Please be prepared to time your own swimmers in the distance sessions.
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Meet Programs:</b> Heat sheets and/or psych sheets will be sold for \$5.00</li> <li><b>Snack Bar/food:</b> A snack bar/food vendors will be available during the meet</li> <li><b>Swim Shop:</b> A Swim Shop will be open during the meet</li> <li><b>Hospitality:</b> Tide Swim Team will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Drinks and snacks will be provided during the day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li><b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and in the meet program will be disqualified from the meet and escorted from the facility.</li> <li><b>The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.</b></li> <li><b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition.</li> <li>The Pool Decks have been recently resurfaced and the Aquatic Center prohibits any street shoes on the deck.</li> <li><b>SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA IS FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK.</b></li> <li>Parking will be available on the Old Dominion University Campus in designated areas. Further details will be sent to team contact prior to the meet</li> <li>Swimmer bags and equipment is only allowed on the deck and not permitted to be left in the athletic locker-rooms.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li><b>From Southside:</b> Take 264 to Norfolk and exist Waterside Drive. Waterside drive becomes Boush Street and you will make a left onto <b>Brambleton Avenue</b>. Follow Brambleton Avenue you see signs for <b>Hampton Boulevard/ODU</b>. Bear <b>right</b> onto <b>Hampton Boulevard</b>. Follow <b>Hampton Boulevard</b> to <b>43<sup>rd</sup> Street</b> (approximately <b>3 miles</b>) and make a right follow down 48<sup>th</sup> Street facility is on your right.</li> <li><b>From Peninsula: I-64 E</b> until you reach <b>exit 276, VA-406/NAVAL Base/Terminal Boulevard</b>. <b>Once</b> on the exit ramp, <b>stay right</b> as it splits. Once on <b>I-564</b>, <b>stay right</b> again, following the <b>first exit for Terminal Boulevard</b>. Continue straight through two traffic lights, and at the third light, turn <b>left</b> onto <b>Hampton Boulevard</b>. Follow <b>Hampton Boulevard</b>. to <b>48<sup>th</sup> Street</b> and make a <b>right</b>. Follow to <b>1520 West 48<sup>th</sup> Street</b>.</li> </ul>

**ORDER OF EVENTS**  
**Tide Winter Classic A/BB/B/C Meet**  
**January 9-10, 2010**

<b>Saturday Morning</b> Warm-up: 7:00 am : Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	9-10 200 IM	2
3	11-12 200 IM	4
5	9-10 100 Back	6
7	11-12 100 Back	8
9	10 & younger 100 Free	10
11	11-12 100 Free	12
13	10 & younger 50 Breast	14
15	11-12 50 Breast	16
17	10 & younger 50 Fly	18
19	11-12 50 Fly	20
21	11-12 200 Breast	22
23	11-12 100 Fly	24

<b>Sunday Morning</b> Warm-up: 7:00 am : Start: 8:00 am		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
51	9-10 200 Free	52
53	11-12 200 Free	54
55	10 & younger 50 Back	56
57	11-12 50 Back	58
59	10 & younger 50 Free	60
61	11-12 50 Free	62
63	11-12 50 Free	64
65	9-10 100 Breast	66
67	11-12 100 Breast	68
69	9-10 100 Fly	70
71	11-12 100 Fly	72
73	10 & Under 100 IM	74
75	11-12 200 Back	76

<b>Saturday Mid-Day</b> Warm-up: 12:00 pm : Start 12:45 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	8 & under 25 Free	26
27	8 & under 25 Back	28
29	8 & under 25 Breast	30
31	8 & Under 25 Fly	32
33	8 & under 100 IM	34

<b>Sunday Midday Distance</b> Warm-up 12:00 pm : Start 12:45 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
77	13 & Older 1650	78
79	11-12 500 Free	80
81	13 & Older 400 IM	82

<b>Saturday Afternoon</b> Warm-up 3:00 pm : Start 4:00 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
35	Open 200 IM	36
37	Open 100 Back	38
39	Open 50 Fly	40
41	Open 50 Breast	42
43	Open 50 Free	44
45	Open 200 Fly	46
47	Open 200 Breast	48
49	Open 500 Free	50

<b>Sunday Afternoon</b> Warm-up: 3:00 pm : Start: 4:00 pm		
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
83	Open 200 Free	84
85	Open 100 Breast	86
87	Open 100 Free	88
89	Open 50 Back	90
91	Open 100 Fly	92
93	Open 100 IM	94
95	Open 200 Back	96